

The Kitchen Cabinet

Let every dawn of morning be to you as the beginning of life, and every setting sun be to you its close; then let every one of those short lives leave its sure record of some kindly thing done for others, some goodly strength or knowledge gained for yourselves.—Ruskin.

THE CEREAL PROBLEM.

In most families cereal is served once a day. We have such a variety to choose from that we might have a different one each day if waste and expense were not to be considered.

Many cereals are eaten and enjoyed with fruit that would be otherwise refused. The daintiness of serving the cereal and fruit bears no small part in the manner of its reception. As variety is the spice of life, as well as other things, it is well to change often the form of serving the same food. When cooking cream of wheat mold it and fill the center with fruit of the season and have it served at the table after the eye has been charmed with the sight. Such a dish will be greeted with pleasure and if accompanied with cream will quickly disappear. For the cool fall days more heavy, rich foods are needed; cornmeal mush and hominy are good and any leftover may be fried.

The use of the uncooked cereals is a great saver of time and fuel and many prefer them. They combine especially well with fats, and combined with bananas make a most appetizing breakfast dish.

All dry prepared cereals should be crisped in the oven before serving. Whole wheat, fresh from the field, after long cooking makes one of the best of breakfast foods. It will need to be soaked over night and cooked long and slowly to bring out the flavor and soften the fiber. A fireless cooker or double boiler makes a most desirable way of cooking wheat.

Cooked cereals may be served as dessert with cream and fruit. Oatmeal with sliced apples, a cherry on each slice. Sauté the apple in butter until tender and serve the cereal on each slice.

A spoonful of sliced peaches or berries on the side of the cereal dish is another simple combination.

Wheat with pineapple. A mold of cooked cream of wheat with the center filled with slices of pineapple rolled into petals makes a most dainty looking dish.

It is good to do battle, to suffer, to be thrown overboard and left to save ourselves. What we lose in comfort we gain in energy, and energy is the most precious of man's weapons.—Chas. Wagner.

A FEW Dainty Ways With VEGETABLES.

The wholesome parsnip which is so often refused because of its sweetness may be parboiled for a while and the water poured off to modify the sweetness. They, when cooked and mashed, make most tasty fritters or made into cakes and fried are very nice.

A nice way to serve onions is to make a ring of mashed potatoes, put the plain boiled onions in the center and pour over some melted butter and put into the oven to get piping hot.

Spinach may be canned and is a most appetizing and wholesome vegetable, to be served with a pot roast. Swiss chard is another good green which is most palatable canned and can then be served at any time during the winter. Turnips and potatoes cooked and mashed together, after seasoning well, serve as one does mashed potato.

Hot Slaw.—Cut cabbage with a slicer very fine. Some bruise it with a wooden potato masher to bring out the juice. Beat two eggs, add two table-spoonfuls of sugar, a piece of butter the size of an egg, a teaspoonful of mustard, a dash of cayenne, and a cupful of mild vinegar. Cook in a double boiler until smooth, then stir while hot over the cabbage.

Carrots and peas seem to go well together, cooked to combine the flavors, and serve in a white sauce.

Sweet potatoes are excellent pared and baked with link sausages. Potato cups filled with mashed turnip are a pretty dish to serve with boiled or roasted mutton. Carrots may be cooked whole and hollowed out in the form of a boat, then filled with seasoned and cooked peas.

Baked cabbage is more delicious

Postal Rates.
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Effects of Tuberculosis.
Professor Fishburg finds tuberculosis almost invariably producing either an exaggerated ego and colossal selfishness, or a great susceptibility to suggestion. This last explains the consumptive's credulity with respect to "fake" cures and their apparent improvement under such treatment.

Sapient Tommy.
"Now, Tommy," said the teacher, "when water is transformed into ice what great change takes place?" "The change in price," replied Tommy.

than the usual boiled kind. Cook in the oven in water and drain, seasoning with butter, salt and pepper.

Sweet potatoes in another way, though not new, are very good. Cook until tender, slice and sprinkle with sugar, add bits of butter and brown in a hot oven. The sugar caramelizes and makes a delicious sauce.

Let me but do my work from day to day,
In field or forest, at the desk or loom,
In roiling market place, or tranquil room,
Let me but find it in my heart to say,
When vagrant wishes beckon me astray;
This is my work, my blessing, not my doom,
Of all who live, I am the one by whom
This work can best be done in the right way.
—Henry Van Dyke.

FOR SCHOOL SPREADS.

For the refreshments served at school spreads one must have dishes that may be easily and quickly prepared, with little or no cooking.

A chafing dish is indispensable and may be used for warming food or for cooking many simple dishes as well as candymaking.

Most tasty little cracker cookies may be made by putting chocolate creams on crackers; set them in a hot oven and remove when the chocolate is melted.

Snowdrifts are graham crackers spread with jelly and two marshmallows placed on each; put into the oven until they are well puffed, but not brown.

Small oyster crackers split and put together with peanut butter are very tasty and are good served with chocolate or cocoa.

Surprise Sandwiches.—Spread honey, jelly or jam on milk crackers, sprinkle thickly with chopped nuts, figs or dates and serve.

Cinnamon Cream Tarts.—Beat a teaspoonful of butter, add a half cupful of powdered sugar and a half teaspoonful of cinnamon in a bowl. Place a half dozen crackers which have been split and placed hollow side up in a baking pan, drop a spoonful of this mixture in each half and bake for two minutes in a hot oven.

Cream Candy.—To a pint of water add a pint of sugar and two table-spoonfuls of vinegar, boil until it hardens to a firm ball, pour on buttered plates and pull when cool.

Some perfect day I shall not need
To bend my brow o'er baffling tasks;
Some perfect day my soul shall read
The meaning hid 'neath clouding masks;
Some perfect day I shall attain
The dim ideal my spirits ask.

THE COOKING PROBLEM.

In fireless cookery there is no eleventh hour planning, for the meal must be planned and put to cook in time to be ready for the meal several hours hence. Cheap cuts of meat are best for this cookery, as the flavor is developed by long, slow cooking. Vegetables of various kinds may be put to cook with the meat or it may be reheated and they may be added later as they need less time to cook. Fireless cookery is a study and must be planned for and carefully carried out to have good results. When one knows how to manage there are always good results and a most acceptable meal from soup to roast and dessert may be easily prepared.

Escalloped Tomatoes With Cheese.—This is an excellent cold weather dish and is a good one for the cooker. Canned tomatoes well seasoned with grated cheese and bread crumbs in layers and covered over the top with buttered crumbs is the whole process. With a glowing hot radiator above and below the whole dish is well cooked and the top nicely browned.

Cherry Puffs.—Cream a third of a cupful of butter, add four table-spoonfuls of powdered sugar, two well beaten eggs, one cupful of sweet milk, two cupfuls of flour sifted with three table-spoonfuls of baking powder. Stir in two cupfuls of canned cherries, which have been drained from their juice. Pour into one of the triple sections of a cooker and steam three hours, or longer; will not injure the texture. Heat the radiator fifteen minutes before putting it into the cooker.

Nellie Maxwell.

Ever-Popular Sassafras.
Sage tea was an old beverage and sassafras tea had a great vogue, a vogue which lingers to some extent among us. It is drunk as a spring medicine, but it is undeniably fragrant and even to some up-to-date palates has a pleasing flavor. One of the things which impressed the earliest white settlers in the country and of which they glowingly wrote as one of the charms and appealing features of the new world was the abundance of sassafras.

Had Seen One Once.
Louise, who was wealthy for her age, was having a party for her little friends. Her father coming into the room said: "Children, did you ever see anyone as fat as Louise?" "Yes, sir," said one little girl, "but it was in a show."

Worry Will Kill a Cat.
A good philosopher says: "Never worry today; put it off until tomorrow which never comes." Some people beat that; they let the other fellow do all the worrying.—Palestine Herald.

OPTIMISM IN SOUTH

Heavy Financial Depression Gradually Being Relieved.

COTTON GROWERS GET MONEY

National Banks Are Reaching Out Helping Hand and Extending Financial Aid to Farmers—Loans on Warehouse Receipts.

The hearts of the people of the South have been gladdened and a feeling of optimism is permeating the atmosphere. The heavy financial depression which gripped the cotton states during the early part of September is gradually being relieved and money is becoming freer. The banking institutions of the southern states are coming to the aid of the cotton growers with cash, advancing loans on cotton warehouse receipts.

A "tough" it will take some time for the effect of the money being put into circulation to be felt to any great extent, the assurance that something is being done to relieve the situation has lent courage to the business man as well as to the farmer. Because of the fact that the cotton must be hauled to town and properly warehoused before loans will be made on the staple of the work of advancing loans has been necessarily slow.

According to dispatches from various portions of the cotton belt there have been thousands of bales retired from the open market and money advanced to the growers at the rate of six cents a pound, or approximately \$30 a bale. This money is represented principally by the Aldrich-Vreeland currency furnished the national banks by the United States treasury department. Under the provisions of this currency measure the cotton must be properly warehoused before loans can be made upon it.

Absence of Cash Felt.
It has been the absence of cash that has most greatly affected the South. There never has been a time since the European war began when there was not a demand for the wares of the merchant, but no one had money to pay for them. This condition was most seriously felt in the cities. In the country towns the merchants rallied to the aid of the farmers and supplied their immediate wants by accepting cotton in payment of their purchases. Old accounts were also settled with cotton. But soon the average country merchant had more cotton on hand than he knew what to do with. He also found it difficult to purchase from the wholesale houses and the jobbers as they were not prepared to take cotton from the merchant.

The prospects are now that this condition of affairs will soon undergo a change. Instead of trading his cotton to the merchant for the necessities of life the farmer is placing his bales in the nearest warehouse. The receipts he receives from the warehouse he takes to the bank he has been in the habit of carrying on his financial transactions with, using them as a collateral for borrowing money. In this manner real money is being put into circulation.

In Georgia and a portion of Tennessee this condition of affairs is especially true. The national banks are reaching out a helping hand and extending aid to the distressed farmer. Following a recent meeting of the currency association of Georgia an announcement was made that the national banks of this state and a part of Tennessee are making loans on cotton warehouse receipts. These loans are being made on the basis of six cents a pound.

Cotton Must Be Stored.
The only provision that has been stipulated by these banks is that the warehouse in which the cotton is stored must be acceptable to the bank. A great number of these loans are being made through the agency banks of the national institutions which gives it a much wider scope of operation. While it is true that this work has been going on for some weeks, the fact did not become generally known until the announcement made recently by the currency association.

It has been estimated that the national banks have loaned something like \$50,000,000 on cotton within the past few weeks. There is still a large amount of available currency on hand in the banks that can be loaned on cotton. According to the figures recently issued by the United States department of agriculture this year's crop is estimated at approximately \$750,000,000, figuring on a basis of ten cents a pound.

An Atlanta state bank was one of the first to offer any real financial aid to the cotton farmers of the South. The activities of this bank, however, was confined to its customers in Georgia alone. This bank is loaning money on cotton at six cents a pound and storing the cotton in its own warehouses in Atlanta. The bank officials say they will loan as much as \$30,000 to the cotton growers of Georgia who are members of this bank.

According to the offer of this bank it will lend money to the grower at six cents a pound. The current rates of interest will be charged on the notes which will mature July 1, 1915. At the expiration of that time the borrower will have the option of extending the note to a longer period. The borrower will have the privilege of selling his cotton at any time he desires, providing he can get enough for his cotton to pay off the note and the

Bankhead's Plan Favored.
W. P. G. Harding of Alabama, one of the members of the federal reserve board, in discussing the cotton situation, said that it was his opinion that the salvation of the cotton states was up to the states themselves. He expressed himself in favor of the plan of Senator Bankhead of Alabama, who recommended a state bond issue to take care of the surplus crop in Alabama.

According to the bond-issue plan of Senator Bankhead, the state would float three year four per cent bonds sufficient to finance one-half of the crop in Alabama at ten cents per pound. The cotton would be taken from the market and stored in state warehouses.

SHOOTS RICH BANKER, THEN ENDS OWN LIFE

Lawyer Fires Two Bullets into Millionaire's Body While in Office, Asserting That Latter Owed Him Money.

Western Newspaper Union News Service. Steubenville, — Hovering between life and death, with the chances of his recovery said to be slight, Dohrman J. Sinclair, millionaire banker and Steubenville's most prominent citizen, lies in the Rio Valley hospital here as the result of being shot twice by Charles Gilmore, an eccentric lawyer. After shooting Mr. Sinclair, Gilmore killed himself. The shooting occurred in the private office of Mr. Sinclair, on the second floor over the Union Deposit bank, of which Mr. Sinclair is president and cashier.

Ten years ago Mr. Sinclair settled up the estate of Gilmore's father, Gilmore, it is said, charged that Sinclair owed him money as a result of the settlement. This Mr. Sinclair denied. Gilmore, however, repeatedly demanded money, and Mr. Sinclair frequently gave him small sums. Tuesday night Mr. Sinclair offered to give him \$1,000 if Gilmore would stay away from him, according to word that came from Mr. Sinclair's room in the hospital. This offer, it is said, was turned down and again Wednesday morning before the shooting. Wednesday morning Mr. Sinclair went to his office, followed by Gilmore. Mr. Sinclair, it is said, told one of his employees that he intended to give Gilmore \$1,000, but Tuesday night Gilmore demanded \$10,000. Wednesday morning he increased the demand, and a note was found on a table reading: "I consider myself damaged to the extent of \$20,000." Mr. Sinclair's refusal to meet the demand, it is thought, prompted Gilmore to shoot him, one bullet entering Mr. Sinclair's abdomen and another his hip.

Gilmore, after shooting Mr. Sinclair, turned the revolver on himself and sent a bullet into his brain, dying instantly.

Eastern Stars Elect.
Toledo, — After a spirited contest Mrs. Rose Waltz Norris, Akron, O., former grand warder of the Order Eastern Star, was chosen grand conductress at the closing session of the grand chapter.

The other selections were: Grand matron, Mrs. Cora Griswold, Geneva; associate grand matron, Mrs. Lucy Bold, Canal Dover; grand patron, Thomas Bell, Cincinnati; associate grand patron, Charles W. Ware, Toledo; grand secretary, Mrs. Bessie Fargo Boice, Mt. Sterling.

Rescue Injured Man.
Lorain, — Philo Olds, aged 71 years, was injured when an automobile owned and driven by George Fredericks of Elyria turned over a mile south of Lorain. Fredericks was thrown out of the machine and received several bruises. Olds was buried under the auto. Passengers on a Cleveland, Southwestern & Columbus car rescued the aged man.

Former Mayor Passes Away.
Sandusky.—John G. Matt, aged 62, for many years mayor of Huron, died at his home there after an illness of more than three years. In the fishing industry he had amassed a comfortable fortune.

Four Held as Man Dies.
Toledo, — Andrew Bednarek, aged 27 years, residing west of the city, died as a result of being stabbed with a pitchfork by a farm hand. Bednarek, after the assault, lay unattended upon a bed of shavings. The police arrested four youths upon suspicion. The police say one of the boys admitted jabbing Bednarek with the implement.

Refused Drink, Takes Poison.
Portsmouth.—After being refused a drink by a bartender here, W. H. Morefield, 22, stove molder, took poison. He died later.

Hurt Fleeing From Burglar.
Massillon, O.—Mrs. Elizabeth Shetler, wife of a wealthy farmer living near here, is in a serious condition as a result of exposure when she jumped from a window of her home to escape a burglar who had tied and threatened to kill her. While the burglar was looking for a knife, Mrs. Shetler's daughter Ruth, untied her mother. Mrs. Shetler escaped and crawled to a neighbor's house for aid.

Dependent Man Kills Self.
Warren, O.—Charles Shea, age 42, shot himself in the head in the barn of the Heasley Plumbing Co., by which firm he had been employed two years. Dependency is believed to have caused Shea's suicide.

Interrurban Kills Potter.
Alliance, O.—Arthur Simms, age 40, Sebring potter, was run over and killed by a Stark electric car east of here.

Aged Couple Cremated.
Warren, O.—The fine new home of Mr. and Mrs. Lucius Nichols of Fowler, this county, was destroyed by fire at an early hour in the morning and the aged couple were cremated, their charred bodies being found in the debris. Nichols, a wealthy and usually had a large sum of money in the house. One theory is that the house was burglarized, the old folks killed and the house fired to cover the crime. Sheriff Foose is investigating. Jasper Tyrell, a neighbor, first discovered the fire.

Motorcyclist Is Injured.
Akron, O.—James Conchovich, age 18, Navarre, O., was seriously injured when thrown from his motorcycle in front of a passing automobile. While traveling 25 miles an hour his machine skidded. The auto passed over his body, breaking two ribs and cutting his head and face.

Farmer Seriously Injured.
Fremont, O.—Frank Engler, age 30, farmer, was probably fatally injured in a runaway here. He was thrown from his wagon into a field.

Avoid Sun Scald.
Protect apple trees from sun scald by putting boards or cornstalks on the southwest side of the trees. Mountain ash and young basswood may also be treated in the same manner.

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Annexing a Broken Fragment.

In taking possession of German New Guinea the Australians have annexed what once formed a physical part of their own vast continent. For that mysterious island of cannibals—the largest island in the world if we agree to shut Australia out—in comparatively recent times had no Gulf of Papua to isolate it from its big neighbor. Alfred Russell Wallace found that an upheaval of 100 fathoms would serve to join the land once more together. But the curious fact remains that in spite of their common origin and ancient connection New Guinea and Australia are peopled by different races, showing that the former must have been visited for the first time by human beings after the separation from the mainland of Australia took place.

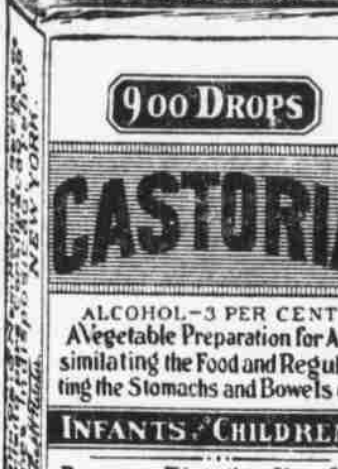
How the Minister is Treated.
Once upon a time a manager asked George Ade if he had ever been taken for a minister.
"No," replied Ade, "but I have been treated like one."
"How was that?"
"I have been kept waiting for my salary six or seven months."—Ladies Home Journal.

A Home-Made Poison

Urie said, unknown to the date of a simple, natural, out-of-door life, is a modern poison created by the human body by a combination of food-eating, overwork, worry, and lack of rest. Bankache or irregular griping is the result of weak kidneys. When the kidneys fail, the blood is impure and the system is in danger of grave illness. Urie's Kidney Pills strengthen weak kidneys, but if the diet is refined, excesses stopped, and fresh air, exercise and sleep increased, the medicine acts more quickly. Urie's Kidney Pills have a world-wide reputation as a reliable kidney tonic.

A Kentucky Case
"Every Phlegm This is a Cure!"
E. A. Sayles, Seventh St., Shelbyville, Ky., says: "I had kidney trouble for a year or more and though I doctored and tried different remedies I didn't get relief. I suffered from a constant dull ache across the small of my back, with severe stiffness in my loins, when I stooped. My back was so lame and sore I could hardly turn over in bed and I didn't rest well. The kidney secretions passed irregularly and I felt all run down. Doctor Urie told me of all these ailments and restored me to the best of health."

Get Doan's at Any Store, 50c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.



900 DROPS
CASTORIA
ALCOHOL—3 PER CENT
A Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of
INFANTS & CHILDREN
Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.
Recipe of Dr. J. C. F. Fitcher
Pumpkin Seed, 1/2 lb.;
Rhubarb, 1/2 lb.;
Sulphur, 1/2 lb.;
Castor Oil, 1/2 lb.;
Ginger, 1/2 lb.;
Licorice, 1/2 lb.;
Mint, 1/2 lb.;
Sassafras, 1/2 lb.;
Sage, 1/2 lb.;
Peppermint, 1/2 lb.;
Wintergreen, 1/2 lb.;
Rosemary, 1/2 lb.;
Thyme, 1/2 lb.;
Lavender, 1/2 lb.;
Cloves, 1/2 lb.;
Nutmeg, 1/2 lb.;
Allspice, 1/2 lb.;
Cinnamon, 1/2 lb.;
Anise, 1/2 lb.;
Fennel, 1/2 lb.;
Dill, 1/2 lb.;
Coriander, 1/2 lb.;
Mustard, 1/2 lb.;
Turmeric, 1/2 lb.;
Saffron, 1/2 lb.;
Vermilion, 1/2 lb.;
Madder, 1/2 lb.;
Rust, 1/2 lb.;
Indigo, 1/2 lb.;
Carmine, 1/2 lb.;
Magenta, 1/2 lb.;
Cyanine, 1/2 lb.;
Violet, 1/2 lb.;
Cobalt, 1/2 lb.;
Nickel, 1/2 lb.;
Copper, 1/2 lb.;
Zinc, 1/2 lb.;
Iron, 1/2 lb.;
Manganese, 1/2 lb.;
Selenium, 1/2 lb.;
Tellurium, 1/2 lb.;
Bismuth, 1/2 lb.;
Antimony, 1/2 lb.;
Arsenic, 1/2 lb.;
Mercury, 1/2 lb.;
Silver, 1/2 lb.;
Gold, 1/2 lb.;
Platinum, 1/2 lb.;
Iridium, 1/2 lb.;
Rhodium, 1/2 lb.;
Palladium, 1/2 lb.;
Osmium, 1/2 lb.;
Ruthenium, 1/2 lb.;
Cadmium, 1/2 lb.;
Strontium, 1/2 lb.;
Barium, 1/2 lb.;
Calcium, 1/2 lb.;
Sodium, 1/2 lb.;
Potassium, 1/2 lb.;
Lithium, 1/2 lb.;
Magnesium, 1/2 lb.;
Beryllium, 1/2 lb.;
Aluminum, 1/2 lb.;
Silicon, 1/2 lb.;
Phosphorus, 1/2 lb.;
Sulfur, 1/2 lb.;
Chlorine, 1/2 lb.;
Fluorine, 1/2 lb.;
Bromine, 1/2 lb.;
Iodine, 1/2 lb.;
Oxygen, 1/2 lb.;
Nitrogen, 1/2 lb.;
Carbon, 1/2 lb.;
Hydrogen, 1/2 lb.;
Helium, 1/2 lb.;
Neon, 1/2 lb.;
Argon, 1/2 lb.;
Krypton, 1/2 lb.;
Xenon, 1/2 lb.;
Radon, 1/2 lb.;
Actinium, 1/2 lb.;
Thorium, 1/2 lb.;
Radium, 1/2 lb.;
Polonium, 1/2 lb.;
Astatine, 1/2 lb.;
Tellurium, 1/2 lb.;
Bismuth, 1/2 lb.;
Antimony, 1/2 lb.;
Arsenic, 1/2 lb.;
Mercury, 1/2 lb.;
Silver, 1/2 lb.;
Gold, 1/2 lb.;
Platinum, 1/2 lb.;
Iridium, 1/2 lb.;
Rhodium, 1/2 lb.;
Palladium, 1/2 lb.;
Osmium, 1/2 lb.;
Ruthenium, 1/2 lb.;
Cadmium, 1/2 lb.;
Strontium, 1/2 lb.;
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Silicon, 1/2 lb.;
Phosphorus, 1/2 lb.;
Sulfur, 1/2 lb.;
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Fluorine, 1/2 lb.;
Bromine, 1/2 lb.;
Iodine, 1/2 lb.;
Oxygen, 1/2 lb.;
Nitrogen, 1/2 lb.;
Carbon, 1/2 lb.;
Hydrogen, 1/2 lb.;
Helium, 1/2 lb.;
Neon, 1/2 lb.;
Argon, 1/2 lb.;
Krypton, 1/2 lb.;
Xenon, 1/2 lb.;
Radon, 1/2 lb.;
Actinium, 1/2 lb.;
Thorium, 1/2 lb.;
Radium, 1/2 lb.;
Polonium, 1/2 lb.;
Astatine, 1/2 lb.;
Tellurium, 1/2 lb.;
Bismuth, 1/2 lb.;
Antimony, 1/2 lb.;
Arsenic, 1/2 lb.;
Mercury, 1/2 lb.;
Silver, 1/2 lb.;
Gold, 1/2 lb.;
Platinum, 1/2 lb.;
Iridium, 1/2 lb.;
Rhodium, 1/2 lb.;
Palladium, 1/2 lb.;
Osmium, 1/2 lb.;
Ruthenium, 1/2 lb.;
Cadmium, 1/2 lb.;
Strontium, 1/2 lb.;
Barium, 1/2 lb.;
Calcium, 1/2 lb.;
Sodium, 1/2 lb.;
Potassium, 1/2 lb.;
Lithium, 1/2 lb.;
Magnesium, 1/2 lb.;
Beryllium, 1/2 lb.;
Aluminum, 1/2 lb.;
Silicon, 1/2 lb.;
Phosphorus, 1/2 lb.;
Sulfur, 1/2 lb.;
Chlorine, 1/2 lb.;
Fluorine, 1/2 lb.;
Bromine, 1/2 lb.;
Iodine, 1/2 lb.;
Oxygen, 1/2 lb.;
Nitrogen, 1/2 lb.;
Carbon, 1/2 lb.;
Hydrogen, 1/2 lb.;
Helium, 1/2 lb.;
Neon, 1/2 lb.;
Argon, 1/2 lb.;
Krypton, 1/2 lb.;
Xenon, 1/2 lb.;
Radon, 1/2 lb.;